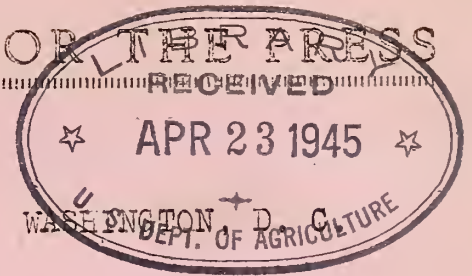


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United States Department of Agriculture



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THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

BEANS FOR VICTORY MEALS

Looking for a main dish that will help stretch the family's meat share?

Consider the dry bean as a likely candidate.

Here are some of the reasons. Dry beans are a compact source of food energy--the kind of food that stays by you and satisfies that hungry feeling. They contain body-building protein. This protein, though not the same high quality as that of meat and other foods of animal origin, still is of great value in these days of war-time protein shortage. Beans rate high as a source of blood-building iron and two of the important B vitamins, riboflavin and thiamine. And they lend themselves to a variety of hearty dishes.

Diet plans worked out by the Bureau of Home Economics, Agricultural Research Administration, U. S. Department of Agriculture suggest dry beans, dry peas, or peanuts as something to put on your shopping list each week. In recommendations for diets at low cost, the home economists suggest beans be served more often, because of the many food values they offer at low price.

Nowadays, they say, dry beans may well be used frequently as a main dish no matter what the food budget. For, besides being a good food in their own right and a spacer-out for meat, they are more abundant now than most wartime foods.

SUPPLY PICTURE ROSY

While many foods are limited or rationed, dry beans are such a notable exception they have been designated a "Victory Food Special" from January 18 to 23. During that time, consumers are being urged to give them special attention.

For homemakers who take advantage of bean plenty, the Bureau of Home Economics reviews some basic bean facts.

NO MATTER WHAT VARIETY

White, pink, speckled...big, little, medium...well known or less familiar—all dry beans are pretty much alike as far as cooking and food value are concerned.

You can buy beans in fairly large amounts. They're easy to keep. Simply put them in a tight bag or can and store them where it is cool and dry.

First steps in preparing any bean dish are washing and soaking the beans. Wash them through many changes of cold water and soak them 6 hours to overnight. Use soft water for soaking and cooking if possible. Cook beans slowly—at low heat for a long time. Never add soda. Soda destroys part of the vitamin content.

HOME-BAKED BEANS

Now that canned baked beans have become a casualty of war, your family will doubly welcome home-baked beans.

Start with dry beans of any variety. For the Boston Saturday night favorite, little white beans ordinarily are used. Soak the beans, cook them until they start to soften. Add salt pork, mustard, molasses for seasoning. Finish by baking in a slow oven, in an earthenware bean pot. For a change, try a little tomato catsup or onions.

If your kitchen time is limited, speed up baked beans by cooking the beans tender first on top of the stove. Add seasonings. Then do only the final browning in the oven.

WAR TIME SEASONINGS

Ham, bacon, sausage, and frankfurters are favorite table companions for beans. Now that war has limited the supply of these meats try some other taste contrasts.



Try a hot tomato sauce served over plain cooked beans or over a bean loaf made along the same pattern as a meat loaf.

Or, brown some chopped onion in a little well-flavored fat. Add cooked tomatoes. Season. Add cooked beans. Simmer, sprinkle with parsley if you like, and serve.

Combine cooked beans with cooked corn for a midwinter succotash. This is the better for a little chopped onion and chopped green pepper.

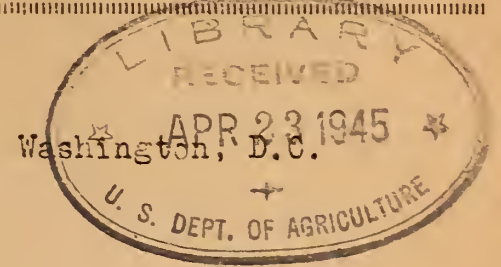
Cook a lot of beans while you are cooking--then use leftover cooked beans in salads or lunch sandwiches. Some of the crisp or tasty foods that can help make a successful salad or sandwich are chopped celery, chopped onion, chopped pickled beets, chopped raw cabbage, lettuce or other salad greens, pickles, tart salad dressing, chopped carrots.

1. The first part of the paper discusses the importance of understanding the underlying mechanisms of the system. This is followed by a detailed analysis of the data, which shows that the system is highly sensitive to changes in the input parameters. The results of the analysis are presented in Table 1, which shows that the system is most sensitive to changes in the input parameter α . The second part of the paper discusses the implications of these findings for the design of the system. It is concluded that the system should be designed to be robust to changes in the input parameters, particularly α . The third part of the paper discusses the future work that needs to be done in this area. It is suggested that further research be done on the development of robust control strategies for systems with uncertain parameters. The paper concludes with a summary of the main findings and a list of references.

INFORMATION FOR THE PRESS

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THE MARKET BASKET

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STRETCH WITH A SAUCE

More and better sauces and gravies are one answer to the question of how to handle the wartime meat situation. As the war continues, meat becomes more precious, and the housewife has the job of making meat flavor go a long way.

Home economists of the U. S. Department of Agriculture offer these suggestions: Spread and save meat flavor with sauces. Give and get more servings with gravy. Treasure all tidbits of meat, scraps of fat, and drippings. Scrape the serving platter clean--and the cooking pan, too. Some of the finest meat flavor for sauce and gravy may be "browned on" the bottom of the pan. Don't make the mistake of washing it away in the dishpan. And remember that the secret of making a smooth thickened sauce or gravy is to blend flour with fat in equal quantity, then add cool or lukewarm liquid gradually while stirring the mixture over low heat. Sauce or gravy made this way will be free from lumps and will not separate. Proportions are: $1\frac{1}{2}$ to 2 tablespoons each of flour and fat with 1 cup of liquid.

Fat that drips from the meat in cooking usually provides enough for the gravy. But fat left over from other meat may be used, too. Very often a mixture of fat from different meats gives an extra good flavor to gravy or sauce. Fat as well as meat is extra valuable these days. Keep every scrap of edible fat clean, covered and cold, ready to use for sauces and gravies or for seasoning vegetables.

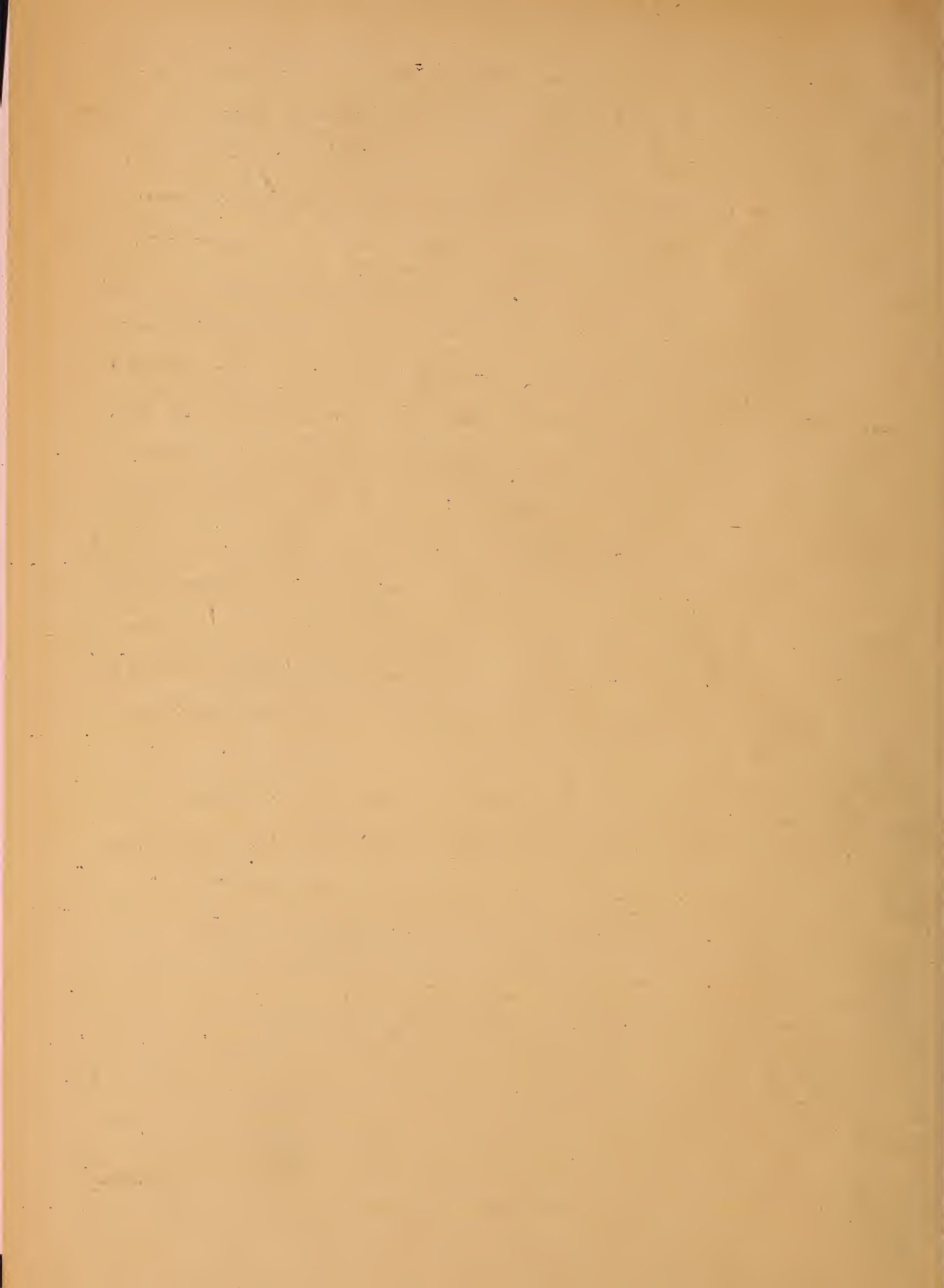
Several different liquids may be used in making sauce or gravy. The juice that cooks out of roasted or braised meat, or broth made by stewing bones is best for a brown gravy. Tomato juice may also be used, or the liquid drained off cooked vegetables. Water or milk or a mixture of these are also used. Milk is the liquid for light-colored gravy or sauce—for the "cream" gravy served with fried chicken, pork chops, and ground meat patties or for plain white sauce.

These three main ingredients--fat, flour, and liquid--provide most of the food value of the sauce. But the seasonings are the "makings" of the flavor. Seasonings are important, too, in giving variety to sauces and gravies. Even if you stretch meat with sauces often for the duration, you can avoid monotony in meals. In addition to salt and pepper, try seasoning with tomatoes and chopped parsley. Or try chopped celery leaves and chopped onion. Garlic cooked in the sauce and then removed before serving gives a delicious flavor to some sauces or gravies. Chopped chives, grown in the sunny south window, add a dash of green color as well as a delicate onion flavor.

To make sauce hot, try grated horseradish, mustard, Tabasco, chili powder or dried chili pepper cooked in the sauce and removed before serving. Many garden herbs, fresh and dried, are fine for sauce--mint, thyme, basil, marjoram, and others that grandmother used. Even spices like cloves, ginger, cinnamon and allspice have their place in seasoning meat sauces. For a sweet-sour sauce, both sugar and vinegar are used.

The home economists offer a couple of tips for successful use of any seasonings. First, they say, use too little rather than too much seasoning. Just "a suspicion" or "a dash" makes a better sauce than overwhelming flavor. Second, a blend or mixture of seasonings makes a more subtle flavor than just one kind.

One of the most popular, economical and useful sauces for stretching meat is ground meat sauce. Use any kind of ground raw meat--beef, pork, lamb, veal--



and brown in a skillet with a little fat. Then add chopped onion, chopped green pepper, and tomatoes. Cook until the onion is tender. Season with salt and pepper. Serve over spaghetti, macaroni, rice, or potatoes. This makes a one-dish meal.

Other popular sauces made with tomatoes are tomato gravy made of tomato juice added to the meat drippings in the pan; tomato sauce made of flour, fat, cooked tomatoes seasoned with bay leaf, allspice, onion, cloves, pepper and salt; barbecue sauce, a sweet-sour highly seasoned tomato sauce made partly with meat broth; and Spanish or Creole sauce which has chopped cooked ham or bacon added to the tomato mixture. These various tomato sauces are good with any kind of meat.

Probably the favorite gravy for roasts and pot roasts, as well as for extending small pieces of meat, is savory brown gravy. To make it blend in a pan 3 tablespoons of flour and 3 tablespoons of fat, from meat drippings, if possible. Set the pan over low heat. Add gradually with constant stirring $1\frac{1}{2}$ cups of cool or lukewarm broth or water. Cook the mixture slowly until smooth and thickened. If the meat drippings are not brown in color, use browned or "toasted" flour instead of white flour for thickening. Season with salt and pepper and any other seasoning preferred.

These are only a few of the many sauces and gravies for stretching the family meat supply. Other recipes can be found in a free bulletin available on request from the U. S. Department of Agriculture--"Meat for Thrifty Meals."

